

EMOTIONAL ILLNESS

Ezekiel 13:22 ... "Because with lies you have made the heart of the righteous sad, whom I have not made sad; and you have strengthened the hands of the wicked, so that he does not turn from his wicked way to save his life."

Your emotions are often a voice in your mind that you cannot trust. The most common emotions we feel are: love, grief and confusion. Love is an emotional reaction to deeply caring for another person. But love can also cause you sadness when the person you love does not love you in return. Grief is caused by the loss of someone or some thing. When a loved one dies you will feel the emotion of grief for a time. If your house burns down, you will experience grief. It is natural to experience those emotions but you must manage them so they do not also destroy your life.

Confusion can be the result of an unhealthy emotion and it can greatly disturb your life. This happens because you discover you did not have enough skill or knowledge, or when something you trusted failed you. Examples of this might be when you lose your job or misplace your key and get locked out of your house. It can happen when a good friend moves away and leaves you feeling lonely. You may be so confused when something you are building collapses, that you sink into heavy discouragement. When you thought you knew enough to be self-sufficient, but found out you were wrong, confusion can enter the picture and depress you.

Today's verse is the voice of God giving Ezekiel a message to the prophets of Israel. He is telling them they have made the people sad by misleading them. Furthermore, their lies have so wounded the people, that it has exposed them to the influence of satan. This is the most serious form of out-of-control emotions; when it leaves you vulnerable to the evil designs of satan. People who become victims of their negative emotions might not recover in time to repent and seek God's deliverance; they might die in their sad and confused state, far from God.

Your negative emotions can become so strong and hurtful, that they evolve into an illness of sorts. Emotional illness. That can even lead to physical illness. Your emotions are useful only when they drive you to God. If you feel like life has left you behind and you are struggling daily under the weight of hurtful emotions, ask God to heal you. God did not invent emotions as something to pull you down or depress you. They were designed to draw you closer to God, who has the ultimate solution to every problem, challenge, pain and discouragement you will face in life.

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